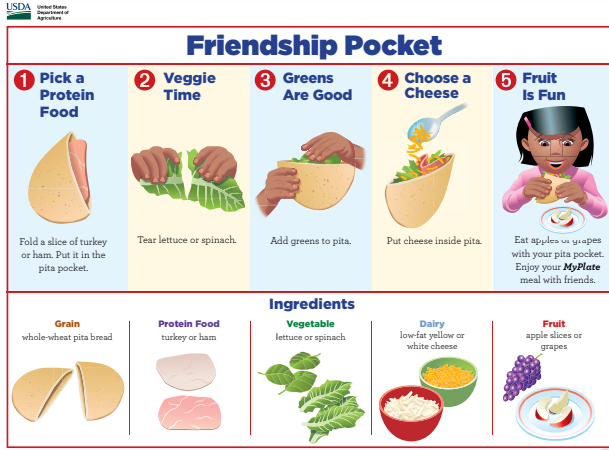


Look and Cook Recipes



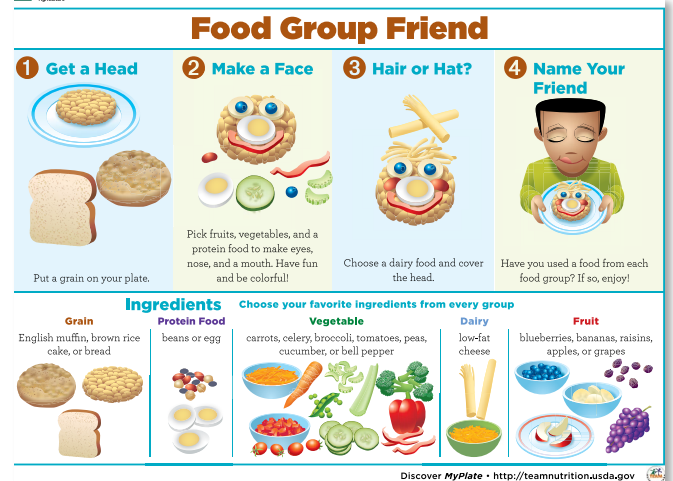
Friendship Pocket



Crunchy Rainbow Wrap



Fruit-a-licious Breakfast Cup

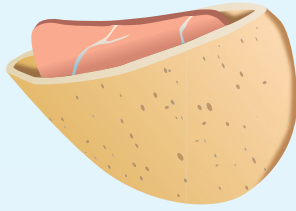


Food Group Friend



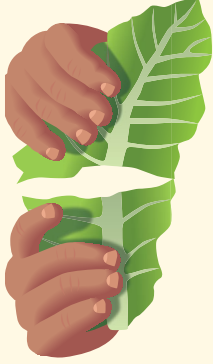
Friendship Pocket

1 Pick a Protein Food



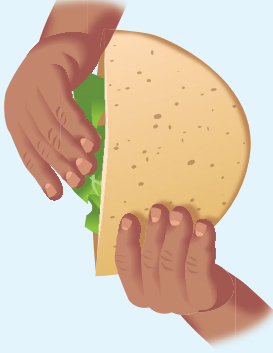
Fold a slice of turkey or ham. Put it in the pita pocket.

2 Veggie Time



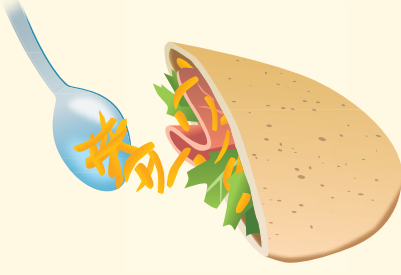
Tear lettuce or spinach.

3 Greens Are Good



Add greens to pita.

4 Choose a Cheese



Put cheese inside pita.

5 Fruit Is Fun

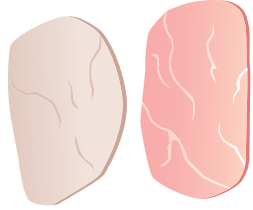


Eat apples or grapes with your pita pocket. Enjoy your **MyPlate** meal with friends.

Ingredients

Protein Food

turkey or ham



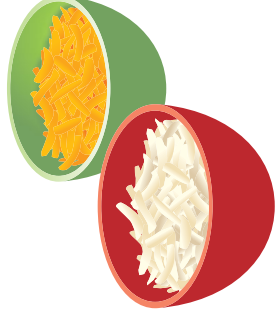
Vegetable

lettuce or spinach



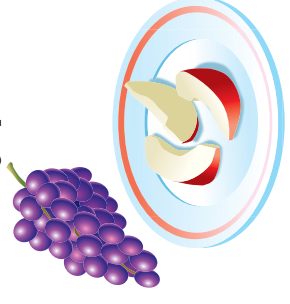
Dairy

low-fat yellow or white cheese



Fruit

apple slices or grapes



Friendship Pocket

Use with
Lesson 1

Look and Cook Recipe

Offering children a choice between ingredients inspires them to try the snack by “making it their own.” Recipe amounts allow enough for each student to choose every ingredient, so there will be some food left over. If your resources are limited, you can provide one food item under each food group, though this eliminates the option of choice in the activity. Monitor food stations to ensure students practice safe food handling and that each student takes only one serving of each filling.

Remember, make the experience fun and positive! Some kids may not want to taste everything, and that’s okay. Sometimes, new foods take time.

Serves: 20 children. Adjust recipe to size of your class.

Ingredients

Grains (1 serving = ½ pita)

- 10 pita pockets, whole wheat, cut in half

Protein Food (1 serving = 1 ounce/slice)

- 20 sandwich-size slices of turkey breast
- 20 sandwich-size slices of reduced-sodium ham

Note: If you have students who are vegetarian, you may substitute hummus or black beans. Two tablespoons of hummus or ¼ cup of black beans are equivalent to one ounce of protein.

Vegetable (1 serving = 2 Tbsp)

- 20 large leaves of Romaine lettuce
- 5 cups of spinach leaves, stems removed

Dairy (1 serving = 2 Tbsp)

- 2 ½ cups reduced-fat mozzarella cheese, shredded
- 2 ½ cups reduced-fat cheddar cheese, shredded

Fruit (1 serving = ½ cup)

- 10 cups apple, cored and sliced
- 10 cups grapes

Supplies

- 20 plates (1 per student)
- 20 napkins (1 per student)
- Tablespoons, forks, and disposable gloves or tongs (to serve each food item)
- Bowls or plates (for each food item)
- Butcher paper or disposable tablecloth (optional)
- Sponges; hot, soapy water (for cleanup)
- Access to hand-washing sink

The following items may be needed for advance preparation of ingredients:

- Disposable gloves (for teacher and adult volunteers)
- 1 set of dry measuring cups
- 1 colander
- 1 knife (for teacher use only)
- 1 cutting board
- Plastic wrap or lids for bowls
- Access to food preparation sink (if not using prewashed, ready-to-eat products)

Friendship Pocket

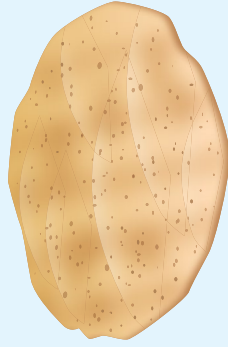
Teacher Instructions

1. Wash your hands, and clean surfaces to be used for food preparation or eating with hot, soapy water. Cover food preparation area with clean butcher paper or disposable tablecloth for easy cleanup.
2. Prepare the ingredients. Cut pitas in half. If you are not using prewashed, ready-to-eat fruits and vegetables, rinse and prepare produce using safe food-handling practices as described on p. 5. Place all ingredients on plates or in bowls, cover, and refrigerate until ready to use.
3. Set up recipe assembly station(s). Place bowls and serving utensils on the table in the order in which they are used in the recipe. Create color-coded labels for bowls according to their food group color: red for fruits, green for vegetables, blue for dairy, orange for grains, purple for protein foods. Display the **Look and Cook Recipe** where students can clearly see it and follow along as they make their **Friendship Pockets**.
4. After students wash their hands, have them take turns and work in small groups to assemble their **Friendship Pocket**. Give each student a plate with half a pita pocket.
5. Have students choose a protein food. Show them how to fold a slice of turkey or ham into their pita pocket. (Vegetarian option: Give the student $\frac{1}{4}$ cup of black beans or 2 Tbsp of hummus to spoon inside the pita.)
6. Next, ask students to choose a vegetable. Show them how to tear the lettuce or spinach with their hands and add some to their pita.
7. Ask students to pick 2 Tbsp of a cheese to add to the inside of their pita.
8. Let students choose which fruit to add to their plate. See p. 23 of Lesson 1 for discussion points.
9. Once all the **Friendship Pockets** have been enjoyed, it's time to clean up! Continue the theme of friendship and working together by having students work in pairs to wipe tables, and throw away used plates, utensils, and napkins. Cover and refrigerate any unused foods.



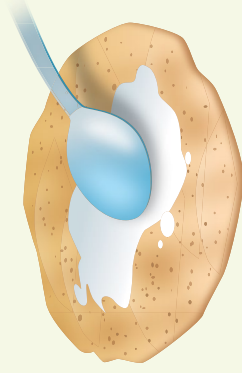
Crunchy Rainbow Wrap

1 Get Started



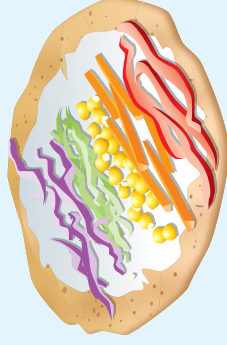
Lay your tortilla flat.

2 Paint the Sky



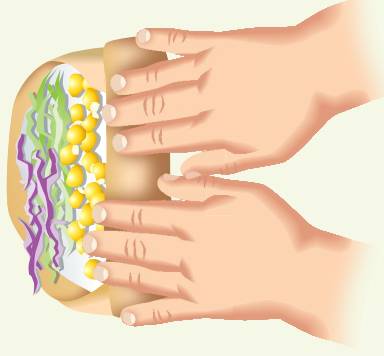
Spread some cream cheese onto the tortilla.

3 Get Colorful



Use veggies to create a rainbow on your tortilla. Leave some room around the edges.

4 Roll It Up

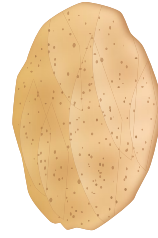


Fold in sides of the tortilla. Start at one end and roll your tortilla up tight.

5 Taste the Rainbow



Let an adult cut your wrap in half. Enjoy your colorful snack.



whole-wheat tortilla



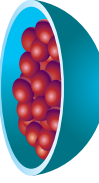
reduced-fat cream cheese

Red

red-pepper strips



red beans



chopped tomatoes



Orange

carrot shreds



Ingredients

Choose Vegetables

Yellow

corn



yellow-pepper strips



Green

peas



spinach



shredded lettuce



Blue/Purple

shredded purple cabbage



radicchio



Crunchy Rainbow Wrap

Use with
Lesson 3

Look and Cook Recipe

Offering children a choice between ingredients inspires them to try the snack by “making it their own.” Recipe amounts allow enough for each student to choose every ingredient, so there will be some food left over. If your resources are limited, you can provide one food item under each food group, though this eliminates the option of choice in the activity. Monitor food stations to ensure students practice safe food handling and that each student takes only one serving of each filling.

Remember, make the experience fun and positive! Some kids may not want to taste everything, and that’s okay. Sometimes, new foods take time.

Serves: 20 children. Adjust recipe to size of your class.

Ingredients

Rainbow Wrap Base:

- 20 whole-wheat flour tortillas — 8-inch
(1 serving = 1 tortilla)
- 20 Tbsp (softened) reduced-fat cream cheese
(1 serving = 1 Tbsp)

Note: Cream cheese does not belong to one of the five food groups. In this recipe, it functions as a condiment, helping to hold the vegetables in place and adding moisture to the wrap.

Rainbow “Crunch” Vegetable Choices

(1 serving = 2 Tbsp)

Red

- 2 ½ cups tomatoes, chopped
- 2 ½ cups red bell peppers, thinly sliced
- 2 ½ cups red beans, cooked

Orange

- 2 ½ cups carrots, shredded, ready-to-eat

Yellow

- 2 ½ cups corn, canned, drained
- ½ cup yellow bell peppers, thinly sliced

Green

- 2 ½ cups snap peas
- 2 ½ cups spinach, fresh
- 2 ½ cups Romaine lettuce, shredded

Blue/Purple

- 2 ½ cups purple cabbage, shredded
- 2 ½ cups radicchio, shredded

Supplies

- 20 plates (1 per student)
- 20 napkins (1 per student)
- Tablespoons, forks, and disposable gloves or tongs
(to serve each food item)
- Bowls or plates (for each food item)
- Butcher paper or disposable tablecloth (optional)
- Sponges; hot, soapy water (for cleanup)
- Access to hand-washing sink

The following items may be needed for advance preparation of ingredients:

- Disposable gloves (for teacher and adult volunteers)
- 1 set of dry measuring cups
- 1 colander
- 1 knife (for teacher use only)
- 1 cutting board
- Plastic wrap or lids for bowls
- Access to food preparation sink (if not using
prewashed, ready-to-eat products)



Crunchy Rainbow Wrap

Teacher Instructions

Advance Preparation:

1. Wash your hands, and clean surfaces to be used for food preparation or eating with hot, soapy water. Cover food preparation area with clean butcher paper or disposable tablecloth for easy cleanup.
2. Prepare the ingredients. If you are not using prewashed, ready-to-eat vegetables, rinse and prepare produce using safe food-handling practices as described on p. 5. Place all ingredients on plates or in bowls, cover, and refrigerate until ready to use.
3. Set up recipe assembly station(s). Place bowls and serving utensils on the table in the order in which they are used in the recipe. Put tortillas and paper plates at the beginning. Arrange vegetables by color in an assembly line starting with red and ending with blue/purple so students can build their rainbow. Put napkins at the end of the line. Display the **Look and Cook Recipe** where students can clearly see it and follow along as they make their wrap.

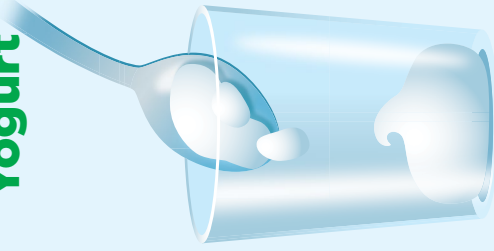
During Activity:

4. After students have washed their hands, tell them that they will be making a rainbow out of different-colored vegetables and then rolling it up and eating it as a colorful snack. Show students the colorful food choices available.
5. Make your own **Crunchy Rainbow Wrap** first to demonstrate. Then help students as they make their own. Remind them to use the serving utensils to select foods from the bowls (fingers should not be used).
6. Show them how to spread 1 Tbsp of cream cheese evenly onto the wrap.
7. Next, have them pick different-colored vegetables to create a rainbow of color in the center of their wrap. Tell them to place them horizontally closer to one side of the tortilla, leaving some room around the edges.
Tip: Have students name the vegetables and different colors as they add them to their wraps.
8. Demonstrate how to roll a wrap; students will likely need assistance. Arrange the plate so vegetables on the wrap are horizontal. If they add too many ingredients, it will be harder to roll up. Tuck in sides of wrap, and then, starting with edge closest to you, roll up the tortilla with vegetables tightly.
9. Finally, cut each child's wrap in half to make it easier to eat. Give students napkins.
10. See p. 36 of Lesson 3 for points to discuss after students are done preparing their snacks.



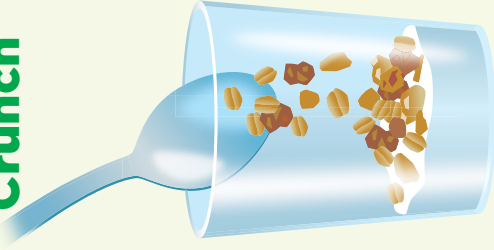
Fruit-a-licious Breakfast Cup

1 Start With Yogurt



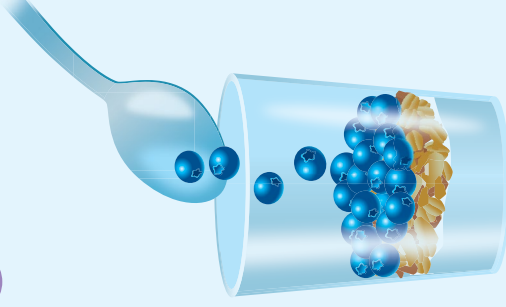
Spoon yogurt into your cup.

2 Add Some Crunch



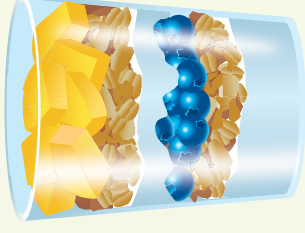
Spoon cereal on top of the yogurt.

3 Pick Fruit



Add some fruit on top of the cereal.

4 Make a Pattern



Add more yogurt, then cereal, then fruit.

5 Enjoy



Ingredients

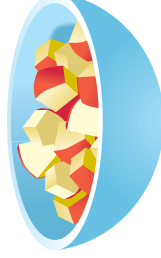


low-fat yogurt

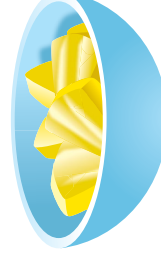


cereal

apple

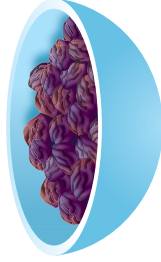


pineapple

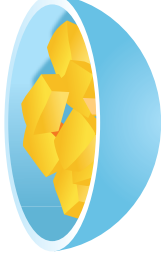


Choose fruits

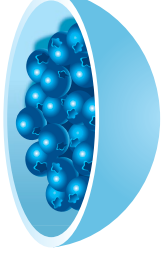
raisins



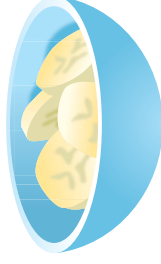
peaches



blueberries



banana



Fruit-a-licious Breakfast Cup

Use with
Lesson 5

Look and Cook Recipe

Offering children a choice between ingredients inspires them to try the snack by “making it their own.” Recipe amounts allow enough for each student to choose every ingredient, so there will be some food left over. If your resources are limited, you can provide one food item under each food group, though this eliminates the option of choice in the activity. Monitor food stations to ensure students practice safe food handling and that each student takes only one serving of each filling.

Remember, make the experience fun and positive! Some kids may not want to taste everything, and that’s okay. Sometimes, new foods take time.

Serves: 20 children. Adjust recipe to size of your class.

Ingredients

Grain and Dairy

(1 serving = 2-4 Tbsp of each)

- 5 cups cereal
- 5 cups yogurt, low-fat, vanilla

Fruit Choices:*

Offer students at least 3 options to choose from (1 serving = 2 Tbsp per layer).

- 5 cups banana, peeled, sliced**
- 5 cups orange, rinsed, peeled, segmented (or mandarin oranges, canned in juice, drained)
- 5 cups apple, rinsed, chopped**
- 5 cups strawberries, rinsed, sliced
- 5 cups blueberries, rinsed**
- 5 cups pineapple tidbits, canned in juice, drained**
- 5 cups peaches, rinsed, sliced**
- 5 cups raisins**

***Note:** If using frozen fruit, choose packages with no added sugar (i.e., unsweetened), and defrost ahead of time. If using canned fruit, choose fruits packed in water or 100% fruit juice. Dipping sliced fruit in orange juice can help keep sliced/chopped bananas, apples, and peaches from turning brown.

****Note:** Shown in **Look and Cook Recipe** on p. 73.

Supplies

- 20 8- to 10-oz clear plastic cups (1 per student)
- 20 napkins (1 per student)
- 20 spoons (1 per student)
- Tablespoons, forks, and disposable gloves or tongs (to serve each food item)
- Bowls or plates (for each food item)
- Butcher paper or disposable tablecloth (optional)
- Sponges; hot, soapy water (for cleanup)
- Access to hand-washing sink

The following items may be needed for advance preparation of ingredients:

- Disposable gloves (for teacher and adult volunteers)
- 1 set of dry measuring cups
- 1 colander
- 1 knife (for teacher use only)
- 1 cutting board

Fruit-a-licious Breakfast Cup

Teacher Instructions

Advance Preparation:

1. Wash your hands, and clean surfaces to be used for food preparation or eating with hot, soapy water. Cover food preparation area with clean butcher paper or disposable tablecloth for easy cleanup.
2. Prepare the ingredients. If you are not using prewashed, ready-to-eat fruits, rinse and prepare produce using safe food-handling practices as described on p. 5. Place all ingredients on plates or in bowls, cover, and refrigerate until ready to use.
3. Set up recipe assembly station(s). Place bowls with food choices and serving utensils on the table. Put napkins at the end of the line. Display the **Look and Cook Recipe** where students can clearly see it and follow along as they make their **Breakfast Cup**.
6. First, have them add 2 Tbsp of yogurt to the bottom of their cup, then smooth the surface with their spoon.
7. Next, have them add a Tbsp of cereal on top of the yogurt, and smooth the surface again with their spoon.
8. Then, let children choose a fruit and add 2 Tbsp to the top of the cereal.
9. Tell them to continue the pattern by repeating layers till they fill $\frac{2}{3}$ of their cup: add yogurt, then cereal, and then a fruit. Encourage them to try a new fruit each layer.
10. Enjoy your **Fruit-a-licious Breakfast Cups** together. See p. 51 of Lesson 5 for points to discuss after students are done preparing their snacks.

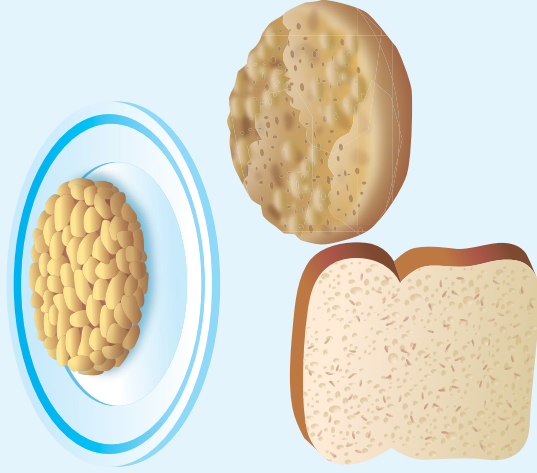
During Activity:

4. After students have washed their hands, have them come up in pairs or small groups. Give them each a cup. Explain that they will be making a delicious and healthy breakfast by layering fruits, grains, and dairy. Show and discuss the tasty food choices available.
5. Make your own **Fruit-a-licious Breakfast Cup** first to demonstrate the steps. Then help students make their own. Remind them to use the serving utensils to select foods from the bowls (fingers should not be used).



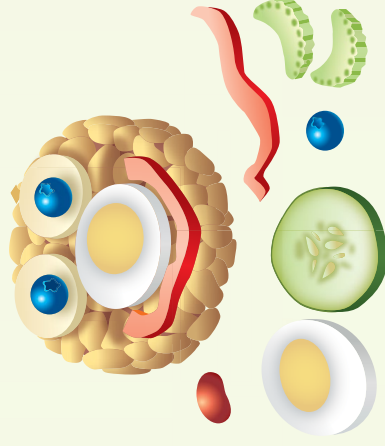
Food Group Friend

1 Get a Head



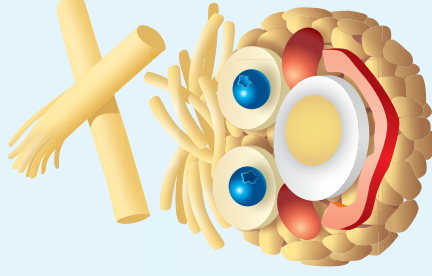
Put a grain on your plate.

2 Make a Face



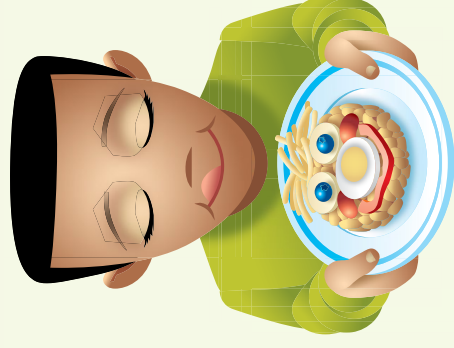
Pick fruits, vegetables, and a protein food to make eyes, nose, and a mouth. Have fun and be colorful!

3 Hair or Hat?



Choose a dairy food and cover the head.

4 Name Your Friend



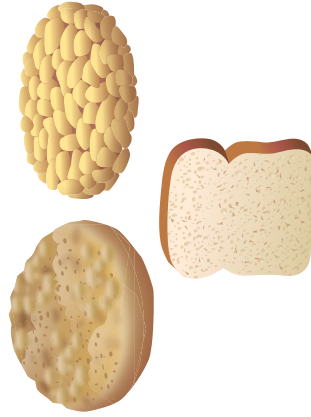
Have you used a food from each food group? If so, enjoy!

Ingredients

Choose your favorite ingredients from every group

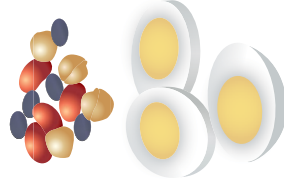
Grain

English muffin, brown rice cake, or bread



Protein Food

beans or egg



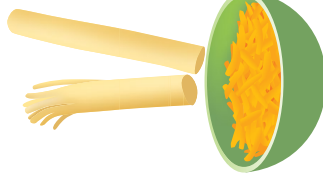
Vegetable

carrots, celery, broccoli, tomatoes, peas, cucumber, or bell pepper



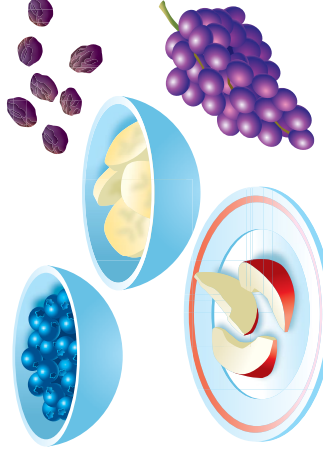
Dairy

low-fat cheese



Fruit

blueberries, bananas, raisins, apples, or grapes



Food Group Friend

Use with
Lesson 6

Look and Cook Recipe

Offering children a choice between ingredients inspires them to try the snack by “making it their own.” Recipe amounts allow enough for each student to choose every ingredient, so there will be some food left over. If your resources are limited, you can provide one food item under each food group, though this eliminates the option of choice in the activity. Monitor food stations to ensure students practice safe food handling and that each student takes only one serving of each filling.

Remember, make the experience fun and positive! Some kids may not want to taste everything, and that’s okay. Sometimes, new foods take time.

Serves: 20 children. Adjust recipe to size of your class.

Ingredients

Grains (choose one as a base)

- 20 brown rice cakes
- 20 slices 100% whole-wheat bread
- 10 whole-grain English muffins, halved, toasted

Fruit (1 serving = 2 Tbsp)

- 5 bananas, peeled, sliced
- 5 apples, rinsed, cored, sliced into thin wedges
- 2 ½ cups blueberries, rinsed
- 2 ½ cups raisins
- 2 ½ cups grapes, rinsed

Note: Dipping sliced bananas in orange juice can help keep them from turning brown.

Vegetable (1 serving = 2 Tbsp)

- 2 ½ cups carrots, rinsed, peeled, shredded
- 10 stalks celery, rinsed, cut into 2-inch sticks
- 2 ½ cups broccoli (florets), rinsed, cut into bite-size pieces
- 2 ½ cups cherry tomatoes, rinsed
- 2 ½ cups snap peas, rinsed
- 5 cucumbers, rinsed, peeled, cut into round slices
- 5 red bell peppers, rinsed, seeded, sliced

Protein Food (1 serving = 2 Tbsp)

- 5 eggs, hard-boiled, peeled, sliced
- 2 ½ cups black beans, canned, drained, rinsed

Note: Beans are special! They are both protein foods and vegetables.

Dairy (1 serving = 1 stick/2 Tbsp)

- 20 reduced-fat cheese sticks (1 per student)
- 2 ½ cups reduced-fat cheddar cheese, shredded

Supplies

- 20 plates (1 per student)
- 20 napkins (1 per student)
- Tablespoons, forks, and disposable gloves or tongs (to serve each food item)
- 20 spoons (1 per student)
- Bowls or plates (for each food item)
- Butcher paper or disposable tablecloth
- Sponges; hot, soapy water (for cleanup)
- Access to hand-washing sink
- Index cards or sticky notes (for labeling **Food Group Friend**)

The following items may be needed for advance preparation of ingredients:

- Disposable gloves (for teacher and adult volunteers)
- 1 set of dry measuring cups
- 1 colander
- 1 knife (for teacher use only)
- 1 cutting board



Food Group Friend

Teacher Instructions

Advance Preparation:

1. Wash your hands and clean surfaces to be used for food preparation or eating with hot, soapy water. Cover food preparation area with clean butcher paper or disposable tablecloth for easy cleanup.
2. Prepare the ingredients. If you are not using prewashed, ready-to-eat fruits and vegetables, rinse and prepare produce using safe food-handling practices as described on p. 5. Place all ingredients on plates or in bowls, cover, and refrigerate until ready to use.
3. Set up recipe assembly station(s) at more than one table (to make activity time more efficient). Place bowls with food choices, serving utensils, and napkins at each station. Display the **Look and Cook Recipe** where students and parents can clearly see it and follow along as they make their **Food Group Friend**.
Tip: Color-code each food item (with labels or bowls) according to the food group.

During Activity:

4. Ask students to show parents/caregivers what they have learned about how to wash their hands. Next, have them come up to each station in pairs, and give them each a plate. Explain that they will be creating a **Food Group Friend** using foods from the five food groups. Show and discuss the tasty food choices available.
5. Instruct students to choose a base for the 'face' (rice cake, bread, or half of an English muffin). Next, have them choose a food from each food group to put on their plate. Remind them to use the serving utensils to select foods from the bowls (not using their fingers). Have them return to their tables, once everyone has made his/her food selections.
6. Now it's time to create their **Food Group Friends**! Ask them to think about their **Food Group Friend's** face, and what they could use to make the eyes, nose, ears, and mouth. They may use fruits, vegetables, and protein foods.
7. After they have made their faces, have them use cheese (a dairy food) as hair.
8. Finally, ask students and parents/caregivers to come up with creative names for their **Food Group Friend**. Invite them to share their creations and identify foods they used with the rest of the class.
9. **Tip:** Provide index cards or sticky notes for everyone to write the name of his/her **Food Group Friend**. Before everyone eats, invite students and parents/caregivers to walk around to view each other's creations (without touching). If available, document each **Food Group Friend** with a camera.
10. Once all the **Food Group Friend** creations have been enjoyed, it's time to clean up! Continue the theme of friendship and working together by having students show their parents/caregivers how they work together to wipe tables, and throw away used paper plates, plastic utensils, and napkins. Cover and refrigerate any unused foods.

